Brief Pain Inventory (BPI)

13

Purpose Given the bidirectional link between sleep and pain, we have included this instrument. Both long and short versions of the BPI have been developed, with the long version including additional descriptive items that may help with assessment. The shorter version consists of 12 items that assess two factors: the severity of pain and its impact on daily life. The severity factor queries current symptoms, symptoms on average, and the range of pain intensity that they experience. The impact factor asks respondents how pain interferes with their general activity, mood, mobility, work, relationships, sleep, and enjoyment of life.

Population for Testing The BPI has been designed for use with adults, and has been validated for the assessment of pain in a variety of patient populations including those with cancer [1] and individuals with arthritis and lower back pain [2].

Administration The scale is a self-report measure that can be administered by interview or by paper and pencil. It requires approximately 5 min for completion.

Reliability and Validity Several studies have been conducted to evaluate the psychometric properties of the BPI. In a study of surgical cancer patients, Tittle and colleagues [1] found an internal reliability ranging from .95 to .97. Similarly, Keller and colleagues [2] have demonstrated that the scale possesses an internal reliability ranging from .82 to .95 in patients with lower back pain and arthritis. Additionally, researchers found that scores on the BPI were highly correlated with scores on other condition-specific scales and were sensitive to changes in health [3].

Obtaining a Copy The scale is under copyright and can be obtained through The University of Texas MD Anderson Cancer Center.
Web site: http://www.mdanderson.org/education-and-research/departments-programs-and-labs/departments-and-divisions/symptom-research/symptom-assessment-tools/brief-pain-inventory.html

Scoring Patients are asked to rate their current symptoms, their average experiences of pain, and the minimum and maximum intensities of their symptoms on scales that range from 0 to 10. A total pain severity score can be found by averaging these items or a single item can be treated as the primary outcome measure. A score relating to impact on daily life can be calculated by averaging scores on each of the seven items, which also use scales from 0 to 10. Higher scores indicate greater severity and more interference.

A. Shahid et al. (eds.), *STOP, THAT and One Hundred Other Sleep Scales,*
DOI 10.1007/978-1-4419-9893-4_13, © Springer Science+Business Media, LLC 2012

PROTOCOL # _____ INSTITUTION _____

PATIENT SEQUENCE # _____ HOSPITAL CHART # _____

DO NOT WRITE ABOVE THIS LINE

Brief Pain Inventory

Date: ___/___/___

Name: _____ _____ _____

Last First Middle Initial

Phone: (___)_____ Sex: ☐ Female ☐ Male

Date of Birth: ___/___/___

1) Marital Status (at present)

1. ☐ Single
2. ☐ Married
3. ☐ Widowed
4. ☐ Separated/Divorced

2) Education (Circle only the highest grade or degree completed)

Grade	0	1	2	3	4	5	6	7	8	9
	10	11	12	13	14	15	16	M.A./M.S.		

Professional degree (please specify) _____

3) Current occupation _____

(specify titles; if you are not working, tell us your previous occupation)

4) Spouse's occupation _____

5) Which of the following best describes your current job status?

1. ☐ Employed outside the home, full-time
2. ☐ Employed outside the home, part-time
3. ☐ Homemaker
4. ☐ Retired
5. ☐ Unemployed
6. ☐ Other

6) How long has it been since you first learned your diagnosis? ____ months

7) Have you ever had pain due to your present disease?

1. ☐ Yes 2. ☐ No 3. ☐ Uncertain

8) When you first received your diagnosis, was pain one of your symptoms?

1. ☐ Yes 2. ☐ No 3. ☐ Uncertain

9) Have you had surgery in the past month? 1. ☐ Yes 2. ☐ No

If YES, what kind? _____

10) Throughout our lives, most of us have had pain from time to time (such as minor headaches, sprains, toothaches). Have you had pain other than these everyday kinds of pain during the last week?

1. ☐ Yes 2. ☐ No

10a) Did you take pain medications in the last 7 days?

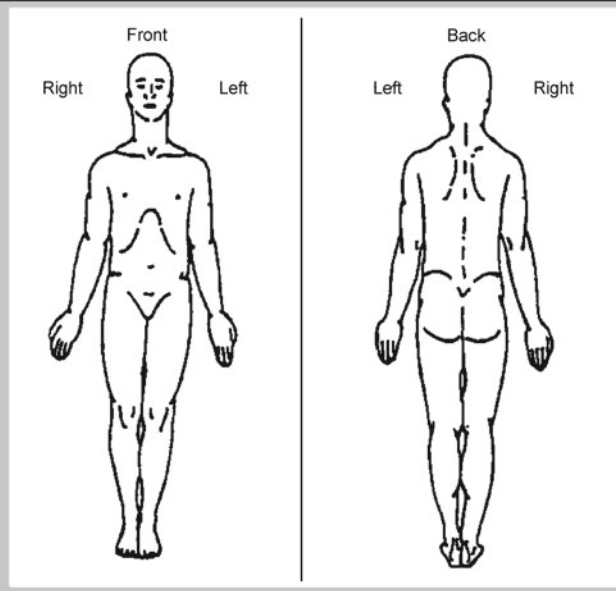
1. ☐ Yes 2. ☐ No

10b) I feel I have some form of pain now that requires medication each and every day.

1. ☐ Yes 2. ☐ No

IF YOUR ANSWERS TO 10, 10a, AND 10b WERE ALL NO, PLEASE STOP HERE AND GO TO THE LAST PAGE OF THE QUESTIONNAIRE AND SIGN WHERE INDICATED ON THE BOTTOM OF THE PAGE.
IF ANY OF YOUR ANSWERS TO 10, 10a, AND 10b WERE YES, PLEASE CONTINUE.

11) On the diagram, shade in the areas where you feel pain. Put an X on the area that hurts the most.



12) Please rate your pain by circling the one number that best describes your pain at its worst in the last week.

0	1	2	3	4	5	6	7	8	9	10
No Pain										Pain as bad as you can imagine

13) Please rate your pain by circling the one number that best describes your pain at its least in the last week.

0	1	2	3	4	5	6	7	8	9	10
No Pain										Pain as bad as you can imagine

14) Please rate your pain by circling the one number that best describes your pain on the average.

0	1	2	3	4	5	6	7	8	9	10
No Pain										Pain as bad as you can imagine

15) Please rate your pain by circling the one number that tells how much pain you have right now.

0	1	2	3	4	5	6	7	8	9	10
No Pain										Pain as bad as you can imagine

16) What kinds of things make your pain feel better (for example, heat, medicine, rest)?

_____

_____

17) What kinds of things make your pain worse (for example, walking, standing, lifting)?

_____

_____

18) What treatments or medications are you receiving for pain?

_____

_____

19) In the last week, how much relief have pain treatments or medications provided? Please circle the one percentage that most shows how much relief you have received.

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
No Relief										Complete Relief

20) If you take pain medication, how many hours does it take before the pain returns?

1. ☐ Pain medication doesn't help at all	5. ☐ Four hours
2. ☐ One hour	6. ☐ Five to twelve hours
3. ☐ Two hours	7. ☐ More than twelve hours
4. ☐ Three hours	8. ☐ I do not take pain medication

21) Check the appropriate answer for each item.
I believe my pain is due to:

☐ Yes ☐ No 1. The effects of treatment (for example, medication, surgery, radiation, prosthetic device).
☐ Yes ☐ No 2. My primary disease (meaning the disease currently being treated and evaluated).
☐ Yes ☐ No 3. A medical condition unrelated to my primary disease (for example, arthritis).
Please describe condition: _____

22) For each of the following words, check Yes or No if that adjective applies to your pain.

Aching	☐ Yes	☐ No
Throbbing	☐ Yes	☐ No
Shooting	☐ Yes	☐ No
Stabbing	☐ Yes	☐ No
Gnawing	☐ Yes	☐ No
Sharp	☐ Yes	☐ No
Tender	☐ Yes	☐ No
Burning	☐ Yes	☐ No
Exhausting	☐ Yes	☐ No
Tiring	☐ Yes	☐ No
Penetrating	☐ Yes	☐ No
Nagging	☐ Yes	☐ No
Numb	☐ Yes	☐ No
Miserable	☐ Yes	☐ No
Unbearable	☐ Yes	☐ No

23) Circle the one number that describes how, during the past week, pain has interfered with your:

A. General Activity

0	1	2	3	4	5	6	7	8	9	10
Does not interfere										Completely interferes

B. Mood

0	1	2	3	4	5	6	7	8	9	10
Does not interfere										Completely interferes

C. Walking Ability

0	1	2	3	4	5	6	7	8	9	10
Does not interfere										Completely interferes

D. Normal Work (includes both work outside the home and housework)

0	1	2	3	4	5	6	7	8	9	10
Does not interfere										Completely interferes

E. Relations with other people

0	1	2	3	4	5	6	7	8	9	10
Does not interfere										Completely interferes

F. Sleep

0	1	2	3	4	5	6	7	8	9	10
Does not interfere										Completely interferes

G. Enjoyment of life

0	1	2	3	4	5	6	7	8	9	10
Does not interfere										Completely interferes

24) I prefer to take my pain medicine:

1. ☐ On a regular basis
2. ☐ Only when necessary
3. ☐ Do not take pain medicine

25) I take my pain medicine (in a 24 hour period):

1. ☐ Not every day
2. ☐ 1 to 2 times per day
3. ☐ 3 to 4 times per day
4. ☐ 5 to 6 times per day
5. ☐ More than 6 times per day

26) Do you feel you need a stronger type of pain medication?

1. ☐ Yes 2. ☐ No 3. ☐ Uncertain

27) Do you feel you need to take more of the pain medication than your doctor has prescribed?

1. ☐ Yes 2. ☐ No 3. ☐ Uncertain

28) Are you concerned that you use too much pain medication?

1. ☐ Yes 2. ☐ No 3. ☐ Uncertain

If Yes, why? _____

_____

29) Are you having problems with side effects from your pain medication?

1. ☐ Yes 2. ☐ No

Which side effects? _____

30) Do you feel you need to receive further information about your pain medication?

1. ☐ Yes 2. ☐ No

31) Other methods I use to relieve my pain include: (Please check all that apply)

Warm compresses ☐ Cold compresses ☐ Relaxation techniques ☐

Distraction ☐ Biofeedback ☐ Hypnosis ☐

Other ☐ Please specify _____

32) Medications not prescribed by my doctor that I take for pain are:

_____

_____

Please sign the back of this questionnaire.

Patient's Signature _____

Thank you for your participation.

References

1. Tittle, M. B., McMillan, S. C., & Hagan, S. (2003). Validating the brief pain inventory for use with surgical patients with cancer. *Oncology Nursing Forum, 30*(2), 325–330.
2. Keller, S., Bann, C. M., Dodd, S. L., Schein, J., & Mendoza, T. R. (2004). Validity of the brief pain inventory for use in documenting the outcomes of patients with noncancer pain. *Clinical Journal of Pain, 20*(5), 309–318.
3. Tan, G., Jensen, M. P., Thornby, J. I., & Shanti, B. F. (2004). Validation of the brief pain inventory for chronic nonmalignant pain. *Journal of Pain, 5*(2), 133–137.

Representative Studies Using Scale

Beck, S. L., Dudley, W. N., Barsevick, A. (2005). Pain, sleep disturbance, and fatigue in patients with cancer: using a mediation model to test a symptom cluster. *Oncology Nursing Forum, 32*(3), E48–E55.

Davison, S. N., & Jhangri, G. S. (2005). The impact of chronic pain on depression, sleep, and the desire to withdraw from dialysis in hemodialysis patients. *Journal of Pain and Symptom Management, 30*(5), 465–473.